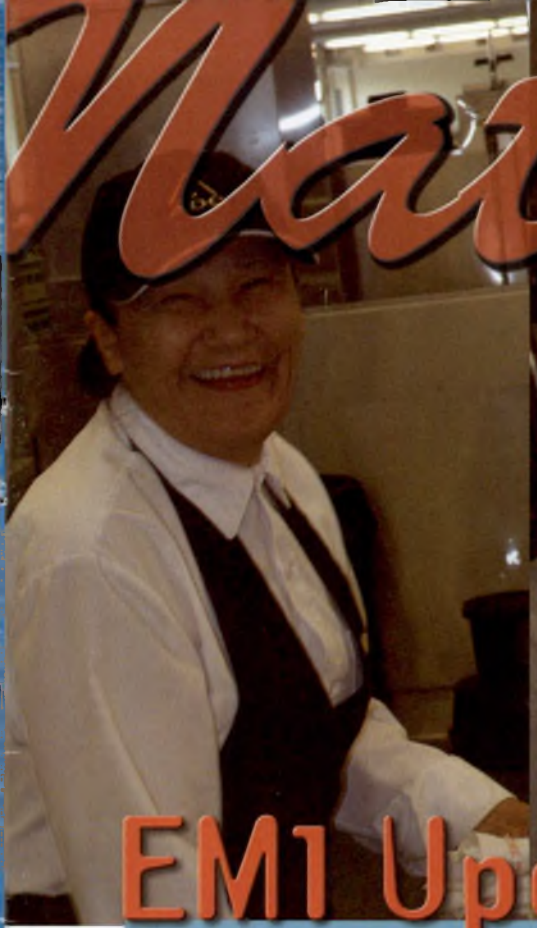
Volume 11, No. 19 • August 6, 2004

# Nation



## EM1 Update
## On-Site with workers

$2 Free in *Iyiyuuschii*

Serving *Iyiyuuschii* since 1993

Canada Post Publication No. 40015005

Come and See Our 2004 Models

Dodge DAKOTA Trucks

215,
3e Avenue
Val d'Or, Qc
J9P 1R7

Dodge RAM Trucks

AUTOMOBILE BARRAUTE
CHRYSLER DODGE Jeep

ᑕᑦ ᐅ
ᖃᓄᖅᑕᐅᑎᓂᐅᓪᓗᒥᑦ
ᓴᐃ ᑎᓂᐅᓕᖅ ᓴᓇᓂᒥᑦ
ᓇᐅᖏᖅᑕᑦᑐᐱᓕᐅᓐ
ᐅᑕᕆᓐᓄ ᐅᑎᓂᓚᓐᓇ
ᐅᑕᕆᓐᓴ

Bring this ad and get a free remote starter with the purchase of any vehicle

Canada's #1 Selling Vehicle.
Dodge Caravan

For information call
Yvon St-Pierre
819-825-0880

Jeep

Come and See Our 2004 Models

Beesum communications
Skill, Knowledge, Commitment, Integrity, Trust.
Welcome to Beesum Communications where experienced communications professionals are dedicated to helping you create innovative, eye-catching and unforgettable products that make a difference to your business.
Let us help you make an impact.
Beesum
Don't get left behind.

Hear ye! Hear ye!

Beesum Communications' website is up and running!

Montréal, Summer - Beesum Communications,
a northern Quebec Cree Company specializing in print and web media, is proud to announce the launch of their new and improved website!

Learn all about the services offered by Beesum and view a sample of this year's projects, browse our photo gallery and send a beautiful digital postcard to a friend.

Check out the site to find out more about us and our services!

www.beesum-communications.com

Tel: (514) 272-3077 Fax: (514) 278-9914

editorial

# SCAMMERS

by Will Nicholls

This isn't an editorial so much as it is a warning. In happened once before and apparently is happening again: A few unscrupulous sales people are sending invoices to Nation advertisers for unauthorized ads in their own publications. In the past they would look at the Nation advertisement, copy it and then send a tear sheet (taken from their publication) along with an invoice. Many people and organizations paid it without checking closely.

I can't say how they have gotten the names of people or organizations these days but they are sending invoices for advertising you never ordered.

The new method works something like this:

1) A phone call is placed to your business or entity.
2) They ask the name of the person they are talking to.
3) An invoice will arrive with this person's name as the contact person in the organization.
4) If you question it they will tell you that this person (usually the receptionist) ordered the advertising.
5) If you still do not agree to pay it they will threaten you with legal action. Sometimes if you say they have to send a Purchase Order No. or a copy of the Purchase Order to verify the invoice they will ask you to send a blank to help in their search.

Do not send a blank purchase, even if you write void on it. It is not hard to create a copy of it if you have an example before you.

Remember that if you did not order it you are not legally bound to pay for it. If the trouble continues then give us a call here at the Nation at (514) 272-3077. We'll be glad to assist you into clearing up this matter.

Another option is to contact your local police department as this constitutes fraud and is a something they can be charged with.

Contacting the Better Business Bureau and consumer protection agencies is another good idea. Online you can visit http://canadaonline.about.com/od/consumerprotection/.

Another little scam that is associated with the above is classified directories. Fraudulent directory schemes succeed because the promoters misrepresent their directories by associating them with well-known similar publications. As in the above unsuspecting business, people and entities are asked to pay to advertise in a worthless or non-existent directory. Ensure the classified directory you may want to advertise in is legitimate.

The rules are simple: investigate before investing and know who you are doing business with. Check with the Better Business Bureau, a chamber of commerce, or federal and provincial departments of consumer and corporate affairs.

The RCMP say to watch out for the following scams:

**THE BIG PRIZE SCAM**

Legitimate lottery, prize and sweepstakes administrators never charge up-front fees to deliver your prize. This is one of the most common scams – if you send money you will never get it back. Neither, it goes almost without saying, will you ever become a millionaire in this boondoggle.

**CREDIT OFFER FRAUD**

Students, new Canadians and people who have experienced credit problems are often approached by fraud artists who offer low-interest loans and credit cards – for a fee. People who pay the fee don't receive their loan or card, and they never get their money back.

**IDENTITY THEFT**

Don't give out driver's license, bank account or social insurance numbers on the phone or Internet. Legitimate businesses contacting you by those means won't ask for that information. If you are purchasing something, be sure you are buying from a legitimate business before you give your credit card information.

# Contents


**editorial**
Scammers 1

**Rez Notes**
Oh, the opulence... 2

**news**
Fundraiser questioned 3
In Brief 5

**articles**
EM-1 8

**EM-1 Profiles**
Mary Ann Blacksmith 15
Abraham Salt 19


**on the cover**

Chiefs and worker at EM1

Photos: W. Nicholls
Design: M. Laviolette

rez notes

# Beware of sharks

By Sonny Orr

A couple of the best things about summer is that the water is not hard enough to walk on and that the best star in the universe, the sun, is out in all its glory. This allows those without fear of melanoma and skin so sensitive that a cold shower hurts to walk about in near Brazil-like clothing. Summer is finally here in the north, where people actually suffer when the heat goes over 15 degrees Celsius, and church-goers swear that hell is nearing when it hits 25. I, however, frantically rub my hands in sweaty glee, yes, it is bikini time again!

Some things that are taken for granted in the sultry south is the fact that the water temperature is actually near half way body temp, while up here, only a polar bear could enjoy a cardiac-arresting dip in slightly above zero waters. I can still see ice out there, although barely, but we know they are still out there, lurking and waiting in miniature titanic bergs, just waiting for the unfortunate high-speed canoe to bump them out of the way.

I happen to have a fear of drowning, but for some odd reason, I never wear a lifejacket. Nor have I ever learned how to gracefully swim about like a seal or like some other people who have the knack of not panicking when water snorts up the snorkel or makes your nose choke up with watered-down snot and cause the type of frenzy that sharks just love. I seem to rather ungainly walk about the bottom like some old fashioned head-bucketed deep-sea diver, causing the murky muddy bottom to stir up and cause all kinds of environmental concerns from the Arctic sea to the Bermuda Triangle (I am probably the cause for the el Nino of the North).

Summer is the time when cold iced tea battles for first place with the frosty mug o'beer and tan lines disappear into one solid cocoa colour, when mosquitoes cannot fly because the moisture in the atmosphere weighs down their buzzing wings until gravity becomes our partner for once, allowing sweat to flow freely downwards into pools that collect in the small of our backs (and other nooks and crannies), making our life just a bit more uncomfortable.

A cool swimming pool or the nearest body of water becomes the haven that many seek in this type of summer weather. Favourite watering holes become the night life for those over 18 (in Quebec at least), creating zombie-like creatures that wander the early dawn and empty streets, quickly dodging out of sight from the boys and girls in blue. While the ordinary folks create man-made waves in man-made pools, the extraordinary ones dance with sharks in the aqua blue waters south of the American border. In a way I'm glad that the only thing to fear in these waters is the occasional Orca that roams these bays, although I never heard of someone actually seeing one.

Speaking of sharks, I once had the pleasure of playing a game of pool against the great Willie from Maniwaki. With measured precision, Willie quickly sunk nearly every ball, whilst I, on the other hand, had to pleasure of hitting the cue ball once or twice. Yet, to my amazement, I won the game because he scratched. Dishonorable as it is, I did win, as Willie was the pool champion of Val d'Or. The bet was that the other to shout out the winner's name at the top of his lungs, and that he is the best pool player in Abitibi. Sadly, Willy never challenged me again to regain his rightful title, there forever after, keeping me at the top of the billiards food chain.

Lastly, I apologize to Glen Polson for calling him Gordon in the last issue of the Nation, as at the time as I was writing the name Gordon spilled into my thoughts and spoiled forever my infallible memory. Sorry Glen, but I think it had something to do with closing time.


*the Nation* is published every two weeks by Beesum Communications

EDITORIAL BOARD
W. Nicholls, L. Stewart, S. Bonspiel, N. Diamond

EDITOR IN CHIEF
Will Nicholls

ASSISTANT EDITOR
Steve Bonspiel

IYIYUU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Lyle Stewart

CONTRIBUTING WRITERS
S. Orr, S. Bonspiel, tsa, N. Fireman, T. Deer, X. Kataquapit

PHOTOGRAPHY
W. Nicholls, N. Diamond D. Valade

GRAPHIC DESIGNER
Mona Laviolette

DIRECTOR OF FINANCES
Linda Ludwick

SALES REPRESENTIVES
Aaron MacDevitt, Christina Groom

PRODUCTION COORDINATOR
Danielle Valade

ADMINISTRATIVE ASSISTANT
Dana-Marie Williams

LAYOUT & PRODUCTION
Mona Laviolette

THANKS TO: Air Creebec

**WHERE TO REACH US:**
POSTMASTER:
5505 ST-LAURENT, #3018
MONTREAL, QC., H2T 1S6
PLEASE ADDRESS CORRESPONDENCE TO:
*The Nation* PRODUCTION OFFICE
5647 PARC AVE. P.O. BOX 48036
MONTREAL, CANADA H2V 4S8
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
ADS- VAL D'OR-CHIBOUGAMAU REGION
TEL.: 514-285-8986
*The Nation* HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
E-MAIL ADDRESS:
Editorial: nation@beesum.ca
Ads: aaron@beesum-communications.com
groom@beesum-communications.com
Classifieds: beesum@beesum-communications.com
Web: www.beesum-communications.com

**SUBSCRIPTIONS**
INDIVIDUALS & INSTITUTIONS: $45
ABROAD: INDIVIDUALS: $70 U.S.
ABROAD: INSTITUTIONS: $85 U.S.
PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY PAYETTE & SIMMS


ALL RIGHTS RESERVED


PUBLICATION MAIL #40015005
ISSN #1206-2642
*The Nation* IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL
CONTROLLED PUBLISHERS, CANADIAN
MAGAZINE PUBLISHERS ASSN,
QUEBEC COMMUNITY NEWSPAPER ASSN,
CANADIAN COMMUNITY NEWSPAPERS' ASSN
LES HEBDOS SÉLECT DU QUÉBEC
WE ACKNOWLEDGE THE FINANCIAL
SUPPORT OF THE GOVERNMENT OF CANADA,
THROUGH THE CANADA MAGAZINE FUND

# Fundraisers dangled Cheechoo's name

## But NHL star wasn't available for gala event

By Steve Bonspiel

A fundraising effort for the Eenouch AA midget hockey team in Waswanipi turned ugly recently when it was discovered that the invited guest wasn't even aware of his required presence at the gala.

The Eenouch won their league championship this past year and were looking to celebrate their successful season with people willing to pay $50 for a meal ticket and a chance to see their hockey hero, Jonathan Cheechoo and his father Mervin.

"They wanted us to promote [this event] on the regional radio and we made a deal where we would and we'd also give a donation," said Luke Macleod, Executive Director of the James Bay Cree Communications Society (JBCCS). "We asked if the special guests were confirmed and they said yes. So we went ahead with the promotion. We received a fax from Mervin Cheechoo saying that they never confirmed their attendance at this event."

Macleod also went on to say that Sidney Ottereyes, one of the organizers of the event, was contacted and he assured them that they were still working on it.

"We were quite upset because we were led to believe right to the end that Mervin and Jonathan were going to be there," he said. Macleod also said that JBCCS would like to apologize to anyone who was disappointed and misled by the advertising.

"They made everybody believe that they were still working on it. No one would admit that there wasn't confirmation, even though Mervin sent a letter confirming the fact that no one contacted them about it," said Macleod.

The Nation obtained a copy of the letter, which reads in part: "We want to inform you that we never agreed to be in attendance. There were calls made and messages left requesting our attendance by Sydney Ottereyes. Jonathan and I never personally talked with Mr. Ottereyes to confirm or not to confirm our attendance. We were awaiting the results of some medical attention Jonathan may be receiving in San Jose. But as of now, due to the circumstances we regret that Jonathan will not be available."

The letter was addressed "to whom it may concern" and signed by Mervin Cheechoo. It went on to say; "we congratulate the Team and their success this year and wish all the boys best wishes in their dreams to pursue hockey at a higher level."

The letter concluded: "We feel that it was important to write this letter to let you know that we never committed ourselves to attend. This advertisement should have never been posted without our confirmation to attend. It may reflect poorly on Jonathan and cause disappointment to the youth who were hoping he would come. Jonathan has never neglected to attend a function in the past that he has committed himself to attend."

The situation is unfortunate, says Macleod, because now the JBCCS will have to ask for proof of who has committed to fundraising activities in the future instead of relying on the word of the organizers.

Sydney Ottereyes could not be reached for comment.

CREE NATION OF WEMINDJI

# Presents:

Hosted by

**Cree Nation of Wemindji**

**Community Services**

# ACTIVITIES AND EVENTS

Cultural Camp
Reenactment of canoes arrival from Old Factory Island
Music Festival
Cultural/Recreational Activities
Fashion show
James Bay Boat Tours (daily)
Raffle - Giant Bingo
Traditional Feast
Fiddlers/Square Dancing

# AND MUCH MUCH MORE!!!

The community of Wemindji would like to extend an invitation to descendants and former residents of Old Factory River Post in celebrating our 45th Anniversary since the relocation of Old Factory to Wemindji in 1959.
Wemindji also extends an open invitation to all the People of Eeyou Istchee to join us in our celebration

# CONTACTS

Sam Gilpin, Chairman
Cree Nation of Wemindji
819-978-0264 ext 226

Abraham Matches
Public Relations and Media Info
819-978-3535

## AUGUST 12-15 2004

## Chisasibi Hospital closes down briefly

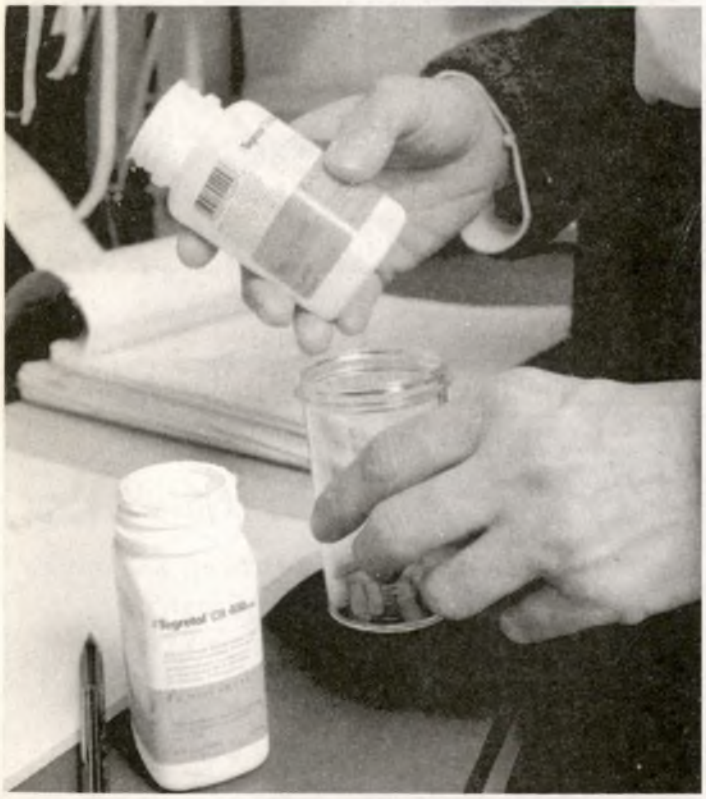
Chisasibi Hospital was briefly evacuated of patients and staff July 16 after a chemical spill in the dental unit. Three hundred and fifty millilitres of Dentsply repair liquid, which contains a substance called methyl methacrylate monomer, was accidentally released.

Chisasibi Hospital's Dr. Eduardo Kalaydjian made a request to Dentsply Prosthetics, the manufacturer of the product, to find out the level of toxicity. The reply says in part: "This substance is very aromatic; a very small amount produces a very strong ether-like aroma which can persist for some time." It went on to say: "Despite the strong odor, there is no potential hazard once the cleanup has occurred."

"The orthodontist scheduled to come in the next day was still able to do his work once they aired out the room," said James Bobbish, the Executive Director of the Cree Health Board.

The cleanup of the substance can be delicate because it is flammable. It has also been known to cause headaches, eye irritation, and breathing problems. "They looked at about 30 patients and non-patients in the hospital that day. Some people vomited, but no one was seriously affected," he said.

This is not the first time an incident like this has happened. "According to the Chief of Dentistry, it [the spill] is not an infrequent occurrence," said Bobbish.



## Spencer's defense team disagrees with evaluation

People in the Cree Nation who want to see justice in the Khayden Otter case will have to wait two more months.

Trevor Spencer was alleged to have beaten Khayden at his foster mother's home, February 8. Police later found Khayden unconscious and rushed him immediately to the hospital. After spending some time in a coma, and having his skull detached to relieve some of the pressure, Khayden has yet to fully recover his faculties and still cannot walk on his own.

Spencer appeared in an Amos courtroom July 21 after the crown conducted a psychiatric evaluation to determine his state of mind at the time of the incident.

"The report came back from Pinel [Institute] and the defense was not satisfied with the results," said Christian Leblanc, the crown prosecutor for the case. "They then chose to do a counter-expertise [their own evaluation]. In the meantime he will stay at the Riviere des Prairies Detention Centre until September 13 when a second evaluation will be presented."

If the defense presents a report that is similar to the prosecutor's, the case can begin. If not, both sides will start a debate on the findings to determine his frame of mind at the time of the incident.

## Cree boys win gold in Edmonton, Rhode Island

This year's hockey season may be long over in the Cree Nation, but the most important part of the season for Stephan Gunner and Delmer Moses, both 13, happened just recently. Gunner, from Mistissini, and Moses, from Waskaganish, participated in the Canadian AAA Hockey Challenge in Edmonton June 27 to July 2.

The talented peewee players played for a team based in Montreal who captured the gold-medal championship game in the premier AAA tournament in Canada.

The boys joined the team, called Performe Plus, after a coach saw Gunner play in one of his many tournaments down south. The team's scout approached him and asked if he was available and interested in joining their team for their next tournament. He said yes.

To make Gunner feel comfortable playing out west, the coaching staff offered to invite one of his friends to join him. And that's when Gunner invited Moses to be an addition to his new team.

Both of them played really well and were a nice fit with the team as they helped bring the Canadian Challenge Cup to the province of Quebec.

Gunner accumulated the most points for the tourney with 21. He also won MVP honours.

The boys were again vic-

NEW

UNIQUE IN AMERICA

FACE TO FACE WITH THE Lions

LION'S TUNNEL

PARC SAFARI

Drive Thru Safari - Zoological Garden
Recreational Park - Beaches and tube rides

Way more than a Zoo!

Camping and lodging available

1 866 942-8484 • www.parcsafari.com

Only 30 minutes south of Montreal • Highway 15 South, Exit 6.

ᐁᐧᐃᓂᐊᑎᒻᑕᐧᐃᓐ

Monuments Amos

**Experience serving the Cree communities.
Our granite headstones can be
personally designed and written in Cree.**

Monuments Amos Enr.
4471 Route 11 Sud, Amos, Quebec J9T 3A1
tel.:1-819-732-2283 • fax:1-819-732-7077
Owner: Marcel Labonté

WACHIYA • WELCOME • BIENVENUE

Auberge Nouvelle Frontière

*10% off 1st night*

Pacini

*10% off one meal*

**2900, Route 111 est Amos, QC J9T 3A1**

nouv-front@cableamos.com
Toll free: 1-888-732-1666
Tel: 819-732-8307
Fax: 819-732-0974
www.nouv-front.qc.ca

Tel: 819-732-3121

Snowmobile package available
Meeting Room

torious in the peewee division of the Super Summer Classic Hockey Tournament in Rhode Island July 22-25.

Both boys want to thank all their sponsors for making this tourney possible for them to participate in.

## Chisasibi youth get chance to strut their stuff

The kids are dancing in the streets in Chisasibi, to hip-hop music no less. Sixty kids got the chance to learn how to dance, hip-hop style, from July 20-29.

Tamara and Sarah Podemski put on a hip-hop dance workshop in collaboration with the Brighter Futures Program and organizers Nelly and Lisa Bobbish. The Podemski sisters are renowned for their many talents, including acting, singing and dancing.

For a paltry sum of $20, the sisters taught each kid to dance up a storm, hip-hop style, in preparation for the big finale which was held July 29. A singing workshop was also held for $10.

For an hour and 20 minutes a day, the kids worked through their rigorous routine and learned some pretty complex moves.

They were divided into three different age groups, with each group consisting of 20 children.

"The dance and athleticism is important [in order] to learn how to take better care of our bodies," said Tamara.

Although they have worked with groups many times in the past, this is the sisters' first workshop in a community setting.

For more information visit Podemskichicks.com or call 1-416-208-0725.

## Correction

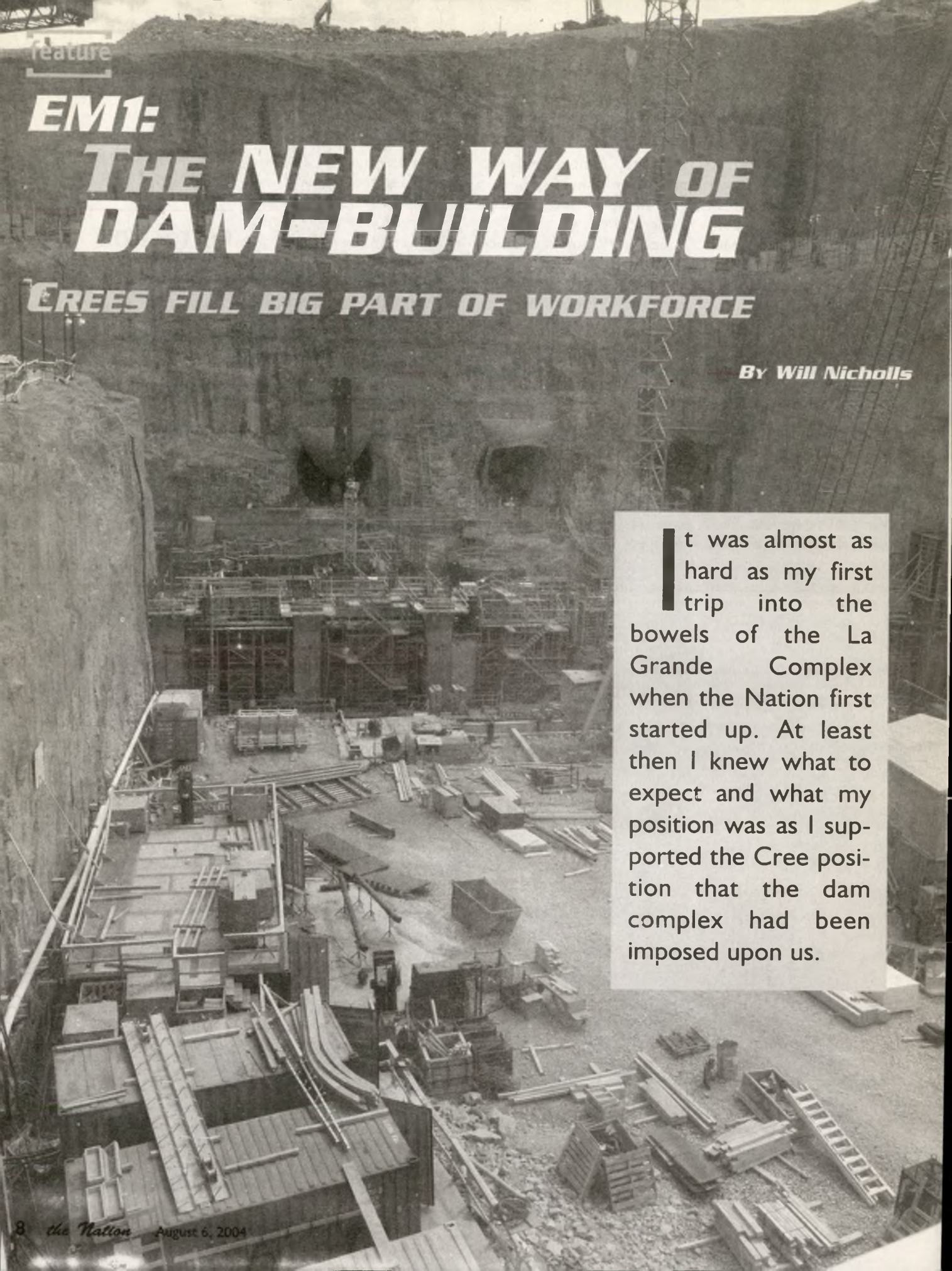
In a brief that appeared in the last issue, it was written that Chiefs Josie Jimiken, Robert Weistche and Abraham Rupert were opposed to the Paix des Braves. In fact they are currently implementing the agreement. Their opposition lies against the Rupert River diversion. The Nation regrets the misunderstanding and apologizes for any inconvenience this may have caused.

Meet Daisy House, James Lameboy and Dominic Lameboy who passed by for Free Parc Safari Tickets. We've received more... so we hope to see you soon!

# EM1: THE NEW WAY OF DAM-BUILDING

## CREES FILL BIG PART OF WORKFORCE

By Will Nicholls



It was almost as hard as my first trip into the bowels of the La Grande Complex when the Nation first started up. At least then I knew what to expect and what my position was as I supported the Cree position that the dam complex had been imposed upon us.

Cree Construction bought 9 trucks and named them after the Cree communities

Under the Paix des Braves Agreement, however, the building of the Eastmain Project (EM1) was now not only with Cree consent but included Cree workers. Johnny Saganash and his boss Yves Barrette of Societe d'energie de la Baie James (SEBJ) informed me that over 10 per cent of the employees at the camp were Cree.

Some Cree workers may still say those "damn dams" but they don't do it in an angry aggressive manner. It is said with almost a sardonic or wry affection that would not have been seen 10 years ago. The "Evil Empire" I wrote about ten years ago seems to have mellowed out and to some extent become Cree friendly. It is after all still in the business of drowning Cree land but now does it in conjunction with the Crees.

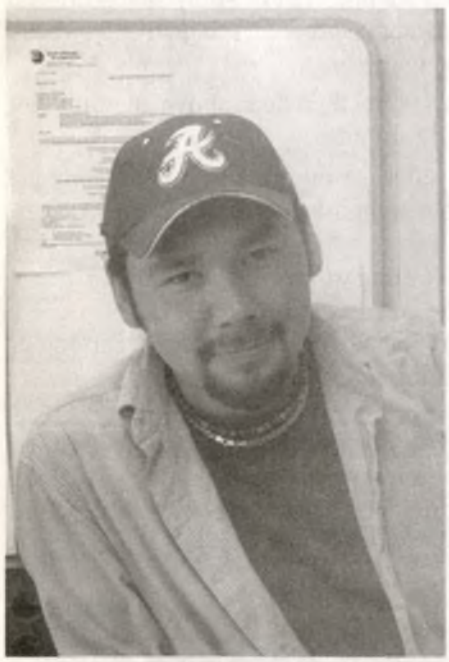
A number of Cree businesses have contracts with or co-ventures involving the EM1 project. Communities are looking at this project as an opportunity for employment and as a way to improve the local and regional Cree economy.

When I went to the EM1 work camp I was flown by Air Creebec and greeted upon arrival by Johnny Saganash, a Cree with SEBJ. My first meal of the day was prepared and served by Crees. The Cree presence was both notable and noticeable.

Along with the Cree workers I saw the Cree leadership, as the Grand Council/Cree Regional Authority Board was holding their first meeting at the EM1 site. One of the members said that it was good that they did so as we must all remember that EM1 is on Cree land. He said that putting a dam there didn't change anything as regards to Cree rights to the land. The Council/Board met with the some Cree workers for a meal to discuss EM1 conditions.

Surprisingly, there weren't many complaints. The two that stood out during my stay were the long work periods required before an employee could go home.

In the main camp known as the Eastmain-1 camp there are 2,308 workers, including 220 Crees. The present capacity of the camp is 2,580 beds. By the time this story reaches the communities there should be around 2,400 workers. Each week, almost 20 per cent of the workers are on eight- or 10-day breaks. Most of the Cree workers come from Waskaganish and Mistissini at the



Shawn Wapachee

Johnny Saganash

ᓄᑐᐃᓇᐅᑉ ᓂᐲᐤ ᐅᑭᒫᐅᑭ

**Cree Hunters and Trappers Income Security Board**

**Office de la sécurité du revenu des chasseurs et piégeurs cris**

The Cree Hunters and Trappers Income Security Board (CHTISB) is looking for a candidate to fulfill the following position, as of November 2004, in Québec City:

# SECRETARY-GENERAL

The CHTISB administers a program in which the main objectives are to encourage and preserve the traditional way of life of the Crees, by providing, among other things, a guaranteed income to Cree hunters and trappers who are beneficiaries of the James Bay and Northern Québec Agreement (JBNQA).

Under the responsibility and in accordance with the directives of the members of the Board, the Secretary-general participates in the elaboration, development and follow-up of the various objectives and policies resulting from Section 30 of the JBNQA as modified, the Act and the Regulations of the Program. He/She elaborates, organizes, supervises, coordinates and evaluates the activities of a staff of 5 employees at the head office and 12 employees in the Cree communities, manages human, material and financial resources to ensure the proper management of the Board.

The Secretary-general performs the following functions, roles and duties: ensures the proper application and evolution of the Cree Hunters and Trappers Income Secrurity Program and maintains a functional liaison with the ministère de l'Emploi, de la Solidarité sociale et de la Famille of Québec and with the Cree Regional Authority; ensures that the Board receives the necessary financing; establishes and maintains useful relations with other departments and organizations; follows up on the transfer of funds; coordinates, prepares, assists, participates in Board meetings and prepares the minutes; ensures the statistical follow-up and analysis of program participation; prepares the Annual Report; assumes all other related tasks.

## Qualifications

A qualified candidate should have a first-cycle university degree in humanities, administration or any other relevant discipline. In the absence of a university degree, an exceptional experience and recognized ability in the field of administration will be considered. He/she has at least 5 years of relevant work experience in administration and management as well as a demonstrated aptitude for direction and creativity. An excellent knowledge of French and English, both written and spoken is essential; knowledge of the Cree language will be an asset. The candidate should be familiar with the Native milieu; knowledge of the Cree milieu is an additional asset.

## Salary

The Secretary-general answers directly to the Board of Directors and the salary is equivalent to level IV for management staff (630) in the Québec Public Service. Although the personnel of the CHTISB is not part of the Québec Public Service, the same Insurance and Pension Plans apply.

Interested candidates should send their résumés before August 27, 2004. Only candidates selected for an interview will be contacted.

Cree Hunters and Trappers Income Security Board - Recruitment
Édifice Champlain, bureau 1110 2700, boulevard Laurier
Sainte-Foy (Québec) G1V 4K5

Fax: (418) 643-6803
E-mail: mail@chtisb.ca

# Healthy Living

**Nourish the body and stimulate the senses with Healthy Living recipes!**

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

## Grilled Sesame Chicken Breast

| | | |
|---|---|---|
| 3 tablespoons | (45 ml) | light soy sauce |
| 4 teaspoons | (20 ml) | sesame seeds, dried |
| 2 cloves of garlic | | |
| 8 ounces | (240 g) | chicken breast, skinless and raw |
| 1/8 teaspoon | (0.5 ml) | fresh ground black pepper |
| 1 tablespoon | (15 ml) | brown sugar |
| vegetable cooking spray | | |

In a shallow dish combine lite soy sauce, sesame seeds, garlic, black pepper and brown sugar. Blend together well.

Be sure to remove all traces of fat from the chicken breast, then dip the meat into the mixture, turning several times to completely coat.

Cover and marinate in the refrigerator for at least 2 hours.

When ready for cooking, lightly spray the grill with vegetable cooking spray, pre-heat the grill and remove chicken from the marinade.

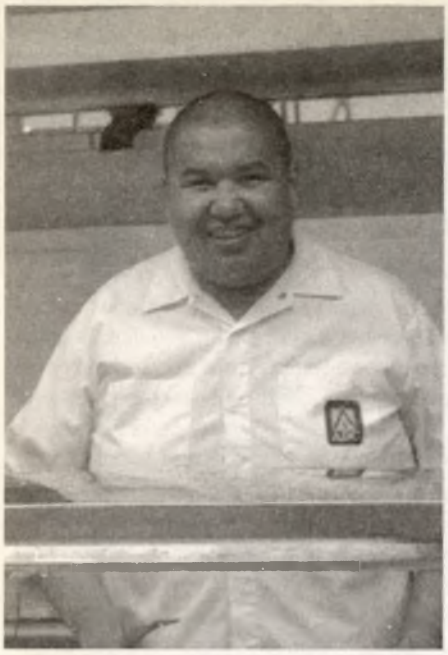
Grill the chicken 4 to 5 inches above medium-hot coals for a total 15 minutes.

Turn the meat after seven minutes, then continue grilling for another eight minutes. Makes four servings.

**TIPS:** Side dish suggestions include mixed green salad, corn on the cob and steamed rice.
Chicken can be replaced with pork, moose, caribou or deer. Adjust cooking times to compensate

**Nutrient Analysis per serving (chicken only):**
Calories: 114, Protein: 15.1 g, Sodium: 413 mg, Cholesterol: 32 mg, Fat: 2.5 g, Carbohydrates: 7.2 g

Northern



moment.

In the secondary Nemiscau camp there are 309 workers, including 102 Crees. The capacity of this camp is 320 beds. No expansion or other workers are expected to arrive.

But what about that demanding schedule of the workers? In an agreement with the construction unions since last May, the schedule is 46 days of work with a 10-day break and two days of transportation. For non-construction workers (cafeteria, janitors, etc) it's 35 days on and 10 off. Most SEBJ workers get 35 days of work with eight off. Some workers like security and nursery have 14 days of work and 14 days of vacation.

Be prepared for some other conditions of work as two-thirds of the workers are day shift and the other part night shift. Day shift runs 7 am to 5:30 pm and night shift from 7 pm to 5:30 am. A couple of Crees I talked too said the night shift didn't bother them and they enjoyed the work.

The hardest shift of all had to be the split shift. The workers at cafeteria work 7 days a week and most of them start at 4 am, finish at 9 am, go home sleep and come back at 4 pm and finish at 9 pm.

Everybody work 6 days and they have Sunday off but the most of them work on Sunday (double pay, it's a contractor and worker decision).

Speaking with the cafeteria staff, it seems they have had their share of fun and surprises. The ADC company, which has the cafeteria contract, brings in $80,000 to $100,000 worth of food each week for the workers. A Cree worker saw a spider in a case of bananas. She quickly went and got her supervisor. He picked up a small napkin with a condescending smile to kill the spider. When he saw the spider, however, he could only sputter a couple of consonants before backing away. I believe the consonants were "s" and "t" – the spider was a white tarantula about the size of his fist. I guess I would be sputtering myself.

Almost everyone I met there seemed to be happy to be working. This year though saw less construction foremen among the Cree because of new and stringent regulations.

The free facilities for workers are amazing. They have ping pong tables, golf simulators, pool tables, basketball, badminton, soccer, bowling, a gym with weight and treadmill machines, aerobics and various other activities. In addition they have a giant television room, music room, computers and the Internet, play stations and board games. They have to be one of the few businesses in Quebec that offer their workers courses in

**A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT** ◆◆◆

ᓂᑐᐤᐦᐃᐧᐃᐣ ᑭᔅ ᐧᐃᑎᐤᐃᐧᐊᐧᐃᐣ ᐊ ᓀᓀᑭᑎᐤᑕᑭᓄᐦᐁᐣ

**The Cree Board of Health & Social Services of James Bay**

# FIRST *FACT-FINDING REPORT ON GAMBLING* COMING IN AUGUST

In 2003, the Board of Directors asked the Public Health Department to research the impact of gambling on social problems. However, before a research proposal could be developed, the Department needed more information from the communities about the kinds of gambling that are happening and the views of community leaders and officials about the impact of these activities.

In January and February, Frances Couchees met with 45 people from five communities who have opinions about gambling because they are involved with health services, social services, recreation, community administration, radio, or a Band Council. Her mandate was straightforward: to ask about the types of gambling activities in each community; changes in these activities in the last ten years, community benefits from gambling activities; and social problems linked to gambling behaviours.

Frances was told that the increasing gambling activities in the communities, region and province have brought benefits and also risks. The radio and recreation people she met stressed the benefits: gambling activities are being used to finance sports and recreation, community specific fund-raising, and community and regional radio. However, the people in health and social services focused more on the social problems. Increased opportunities for gambling mean some individuals get into problems when their gambling behaviour becomes obsessive. And at what point does gambling become 'too' available for healthy community life?

This fact-finding report is the first Public Health Department document on gambling. It will be available in Local Government and Cree Board of Health offices in your community in late August. The Public Health Department hopes it will stimulate discussions about this important issue for Eeyou Istchee.

*"Striving to maintain and promote the health of our people"*
*Miyupimaatisiwin aa uhchi pimipiyihtaakinuwich utih iiyiyuu aschiihch*

*Direction de santé publique des Terres cries de la Baie James*
*Public Health Department of the Cree Territory of James Bay*
*Tel: 819.855.9017 • Fax: 855.9031 • bblacksmith@ssss.gouv.qc.ca*

# Memorandum

## *Next Joint Implementation Committee Meeting (JIC)*

Please take note that the next Joint Implementation Committee meeting is scheduled for October 5 & 6, 2004. All submissions for Territorial Programs must be received no later than September 10, 2004. This will allow the CHRD the time to review, assess, and receive additional information for the proposals. Submissions related to Territorial Programs Initiatives should be forward accordingly.

### Sectors: Cree Human Resources Department Contacts:

**Tourism & Forestry:**
**Irene Neeposh, Sectoral Officer**
113 Oudaa Building,
Waswanipi (Quebec) JOY 3C0
Phone # 819-753-2025
Fax # 819-753-2026

**Telecom & Transport:**
**Michael Mianscum, Interim Sectoral Officer**
139 Mistissini Blvd.
Mistissini (Quebec) G0W 1C0
Phone # 418-923-2525
Fax # 418-923-2111

**Mining & Construction:**
**Abel Trapper, Sectoral Officer**
139 Mistissini Blvd.
Mistissini (Quebec) G0W 1C0
Phone # 418-923-2525
Fax # 418-923-2111

**Hydroelectricity:**
**Michael Petawabano, Coordinator Territorial Programs & Regional Sales/Services:**
139 Mistissini Blvd.
Mistissini (Quebec) G0W 1C0
Phone # 418-923-2525
Fax # 418-923-2111

If you have any questions or require further information, please contact any of the above or visit your local Cree Employment Officer situated in your community, it will be our pleasure to assist.

English. I was surprised by that. Along with that course is GPS, fly fishing, water safety, golf and ballroom dancing classes. The ballroom dancing class must be a hoot to watch given only 10 per cent of the workers are female.

C'est la vie, boys. That isn't the complete list but it's enough to give you an idea of how much they want workers to enjoy their stay at the work camps.

I would be remiss, though if I did not talk about the bar and alcohol. There is one bar. It is open 8 am to 11 am so the night shift can relax and have a few beer before sleeping. In the afternoon it is open from 4 pm to 10 pm except on weekends when it is open until midnight. There are no happy-hour prices or shooters at the bar.

I asked one of the waitresses how she liked her job, given the large number of men compared to women in the camp. She told me she loved it. Before she was a janitor and rarely saw people.

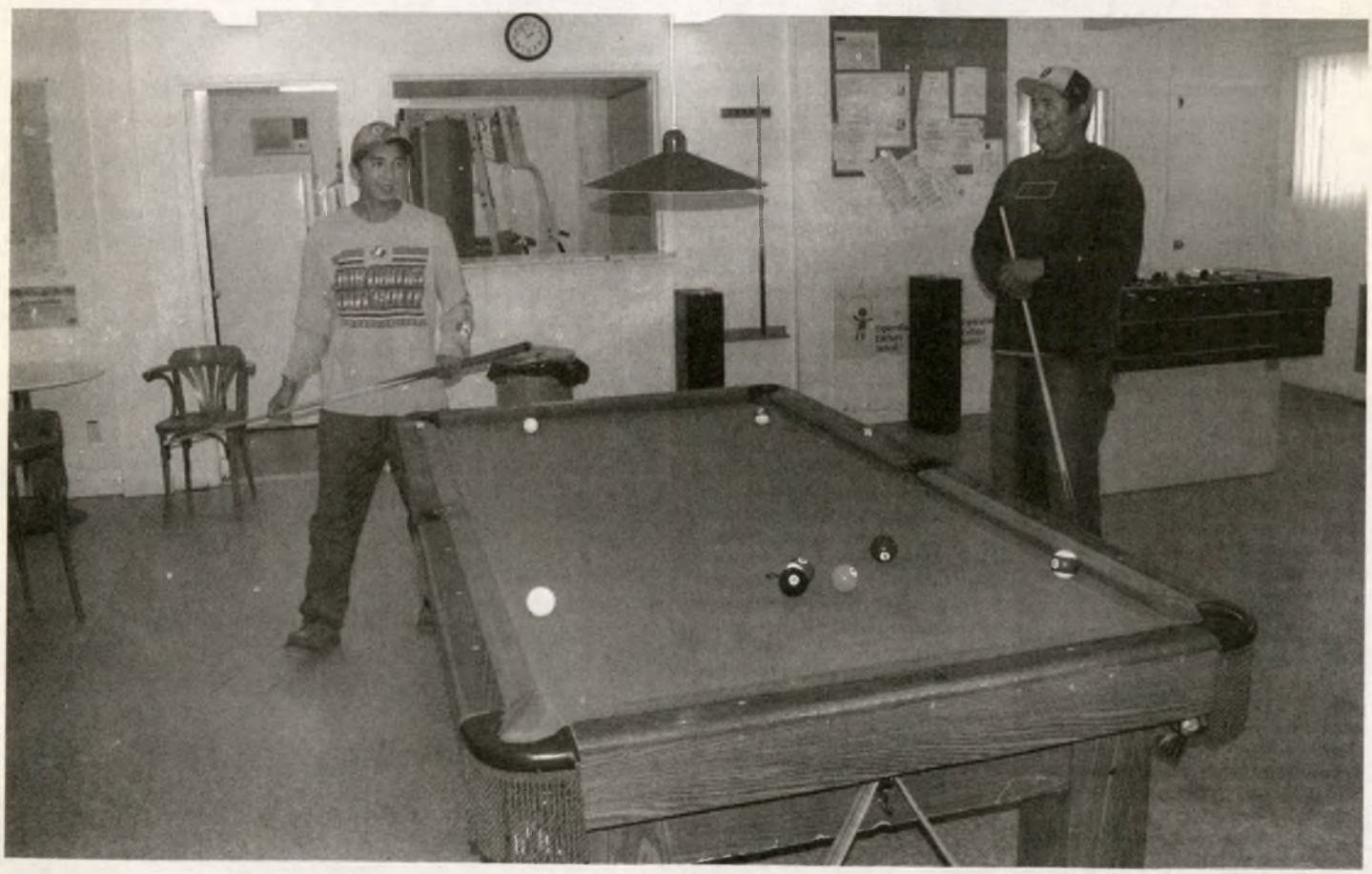
"At first I did my job and it was okay," she said. "The second month I danced and sang my way through." By the third month she was talking to herself and applied for a transfer.

"I'm so glad to talk to real people," she laughed. At the local store a worker is only allowed to buy 12 beers a day.

All in all if the dam is going to be built Crees might as well benefit in terms of

Bertie's new girl

jobs and contracts. This is happening, says Johnny Saganash, but he advises Crees should be ready to pay taxes if they want to work at EM1, and if they speak French that is a bonus.



# Your travel choice!

## Professionalism, discretion and reliability.

Air Creebec

*For reservations, charters or information, call toll-free: 1-800-567-6567*
*Or visit our website at: www.aircreebec.ca*

# The trials and tribulations of EM-1

## Mary Ann Blacksmith finds the days long but the money good

by Steve Bonspiel

Imagine working 35 days straight away from your home and family. Then when your time is up, you only get 10 days to spend with your loved ones until you head back for another long and lonely month of hard work. This is the reality of the workers at the EM-1 hydroelectric plant.

Mary Ann Blacksmith, 45, works as a general helper at the camp. She has been there since August 2003 and says she doesn't really mind the unbalanced schedule. "It's not too bad for my kids because they're all grown up," she said. "Although I do get lonesome here sometimes when I think about my children and grandchildren and the problems they're going through." She has seven children who range in age from 16 to 26.

"There are a couple of things that you have to sacrifice if you decide to come and work here."

Although she does miss spending time with her family and her husband, who works at Nemiscau camp, she's basically doing this job for the money. She pulls in about $1,900 every two weeks and figures she will be working there for at least another year until she pays all her bills.

Before working at EM-1, she toiled at the local restaurant in Mistissini called the Quick Stop. It was nice to be close to home, she said, but making ends meet was becoming harder and harder. Her husband was in a long-term treatment centre. Money was scarce and she had become her family's sole provider. She had to find something, and fast.

Blacksmith's job at EM-1 is to peel vegetables, day in and day out. "I peel potatoes, onions, carrots, whatever needs to be peeled," she said.

When she first started at EM-1, she worked the night shift making sandwiches. From there, she moved into the dish pit, which is exactly what it sounds like, a pit with a lot of dishes. On June 28, after writing a letter to her superiors, she was able to work her way into her current job, which is seen as a little higher up the ladder than dishwasher.

Blacksmith said that after 35 days of straight work, she enjoys going home to see her family. This is not always a guarantee, however. If her replacement fails to show up or if someone has to leave for personal reasons, Blacksmith said that her boss would "let her" work an extra ten days, even if she was supposed to go home that very day.

The schedule has made Blacksmith a part-time mom. She has missed almost all of her family's important dates, including birthdays. "Instead I just buy them gifts when I can," she said.

She says it's harder on the younger moms who have smaller children. Her 26-year-old daughter Linda also works at the camp and she has two children, aged 9 and 3. She says if there are problems at home with the kids, she can't just leave. She would have to have a valid reason. And if it's not deemed valid by the boss, then she could lose her job.

The living quarters at EM-1 consists of what she calls a standard-sized room with a private bathroom. Access to a kitchen to cook one's own food is non-existent. "We usually eat at the cafeteria and some people take food to their rooms if they get hungry during the night," she said.

The EM-1 camp can be considered a small community. With a gym, bowling alley, pool tables and a bar

"EM-1 workers eating at the cafeteria"

# CONGRATULATIONS
on the successful completion of your studies

Good luck to all grads in your future aspirations

Cree Nation of Eastmain

Carrefour du camion LAC-ST-JEAN INC.

*NEW & USED TRUCKS*

**Parts & Services**
444, Rue Principale, St-Prime,
Qc, G8J 1S3

**1-800-567-9031**

Tel: 418-251-9031
Fax: 418-251-2950

**Sales** – Alain Bouchard
Michel St-Pierre
**Parts** – Gaétan Bélanger
**Service** – Régis Allard

PROCAR
BODYSHOP

National Car rental®

## PROCAR Bodyshop
861, route 111 ouest, Amos, QC
819-732-4787

www.zoomabitibi.com
procar@cableamos.com

If you need ***body repairs*** on your vehicle, Procar Bodyshop is the best and nearest place to do business within the region.

## Location Élite Inc.
23, route 111 ouest, Amos, QC
819-732-2200

www.vw.com
locationelite@cableamos.com

When you ***rent a truck, van or car***, you want the perfect one.
***We've got it!***

## Norauto Inc.
23, route 111 ouest, Amos, QC
819-732-5352
***Used Car Center - Best choice in the region***

**TOUAREG 2004 (TOORÉG)**
**AN OFF-ROADER - like no other**

SM

## JOB OPPORTUNITY

TLBSM Joint Venture in which Labo S.M. is a partner is required to carry out quality assurance control for the construction of a dam, a power station and dikes for a hydroelectric project –namely Eastmain-1.

We are currently seeking individuals for soil testing control, our on site laboratory and/or setting up the work site.

Individuals that have graduated as a civil engineer technician will be given priority. However, anyone possessing aptitudes in sciences with basic knowledge of French, may be eligible for the training program for this project.

We expect to recruit four (4) people between now and the end of August 2004 and train them on this territory in order to assign the recruited staff to the Eastmain-1 site at the beginning of September 2004 to be overseen by a team leader. These positions will be for work from May/June to November 2005.

**Requirements**:

- Minimum education Secondary III
- Secondary V –Diploma (will have priority)
- Aptitude for sciences
- Knowledge of English or French language
- Salary and work conditions according to SEBJ pay standards.

Interested applicants may submit their curriculum vitae by mail, fax or by e-mail as soon as possible since training is expected to begin in August 2004.

Labo S.M. Inc.
Member of TBLSM Joint Venture
740, Galt Street West, 2nd Floor
Sherbrooke (Quebec) J1H 1Z3
Tel: (819) 566-8855 – Ext. 7110
Fax: (819) 566-0224
E-mail: slizotte@groupesm.com

*For further information on this job opportunity, please do not hesitate to contact us*

amongst other things, it has more luxuries than most Native reserves. Approximately 2,500 people work at EM-1, equivalent to the populations of Eastmain, Waskaganish and Nemaska put together. At its height, the camp will be home to 3,000 workers.

One time in February, Blacksmith got an alarming call from home. Her 17-year-old son Christopher was experiencing bizarre hallucinations. When she was able to, she flew to Montreal to be by his side in the hospital. The cause was never determined, but doctors were able to give him the aid he needed. "They put him on medication which he still takes today and he got better."

Situations like these worry her. If she got a call from home because something tragic happened, Blacksmith would have to wait until her shift was finished before she could go.

The mood at EM-1 has been tense between Natives and non-natives since a murder at the camp last May 6, when 48 year-old Mario Fortin of Chicoutimi was found lying in a pool of blood near the bar in the camp. He was rushed to the hospital where he was later pronounced dead. The incident led to the arrest of 20-year-old Emmanuel Blacksmith of Mistissini. Second-degree murder charges were laid and he is currently out on bail under strict measures.

At first, Mary Ann Blacksmith says, people thought it was her son who was accused of the heinous crime and she was made to feel uncomfortable because of it. "When I first got back everybody [the non-natives] was looking at me differently. No one was saying hi to me anymore," she said. She spoke to her supervisor to set the record straight. "I told him before you ever mention names, why don't you get the story together first so it doesn't hurt other people? It was bad enough for the boy's mother. She had to leave her job here because of the incident and she was a good worker."

*"A cross was erected to remember a fallen co-worker"*

Not long after Blacksmith was standing near the food trays in the cafeteria and someone she did not see clearly passed by and said "you f-ing Crees" and stormed off.

Blacksmith says that as strained as relations are, they get worse when alcohol is involved. "When people are drunk the emotions run high. A [Cree] guy just told me recently that he was going home from the bar when a white guy followed him home. He said he pushed him around and asked him where he was going. I asked him why he didn't report it and he said he was too drunk, he didn't even know what the guy looked like," Blacksmith recounted.

## ✦✦ Memorandum ✦✦

***Next Cree Local Management Board Meeting***

Please take note that the next Cree Local Management Board (CLMB) meeting for the community-based projects is tentatively scheduled for **September 29th and 30th, 2004 in Val d'Or.** All **submissions must be received no later than Friday, August 27th, 2004**. This will give the CHRD the time to review, assess, and receive additional information for the proposals.

**Proposals** coming from the communities of **Mistissini, Waswanipi, Ouje-Bougoumou and Nemaska**, please forward to:

Richard Shecapio, Program Officer (Inland)
Cree Human Resources Development
187 Main Street, Mistissini, Quebec, G0W 1C0
Tel : (418) 923-9285 Fax : (418) 923-3243

From the communities of **Chisasibi, Eastmain, Waskaganish, Wemindji and Whapmagoostui**, please forward to:

Alice Nuktie, Program Officer (Coastal)
P.O. Box 450, Chisasibi, Quebec J0M 1E0
Tel : (819) 855-2109 Fax : (819) 855-2109

If you have any questions or require further information, please contact the above **or Louise Saganash at 514-866-1234 ext. 24.**


PETRONOR

Distributeur de produits pétroliers
et de lubrifiants de qualité
sur tout le territoire de la Baie-James.

Distributor of fine Petroleum Products
and lubricants all over
the James Bay territory.

1452, rue de la Québécoise
C.P. 310
Val-d'Or (Québec) J9P 4P4

Tel: 819-824-5505 • Fax: 819-824-5420

*« Une nouvelle image, le même engagement. »*

*« A new image, the same commitment. »*

CREE ENERGY DISTRIBUTION OF CANADA INC.
DISTRIBUTION D'ÉNERGIE CRIE DU CANANDA INC.
Produits Pétroliers


## MOOSONEE ABORIGINAL *Head Start*

The newly formed Aboriginal Head Start is located in the Town of Moosonee, Ont. The ultimate goal of this new initiative is to help parents and children build a better future for themselves while being supported by community partners. This includes promotion of culture, language, education, health, nutrition counselling and improved social supports.

## EMPLOYMENT OPPORTUNITY

## FAMILY WORKER

**(full time)**

### POSITION RESPONSIBILITIES:

- The Family Coordinator develops and implements programs for children and families which emphasize self-help, peer support and empowerment of Aboriginal people;
- Implement recruitment initiatives and strategies in collaboration with community programs and services; and
- Sustain effective linkages between program, parents, families and the community.

### QUALIFICATIONS:

- Diploma or degree in Social Services or equivalent in experience/education/training
- Minimum one year Crisis Intervention experience
- Minimum two years programming experience
- Minimum two years pre-school or Aboriginal family advocacy and assessment
- Excellent oral and written communication skills
- Excellent interpersonal skills
- Computer literate
- Excellent organizational and time management skills
- Cree Language an asset

### SALARY:

To commensurate with education and experience.

### CLOSING DATE:

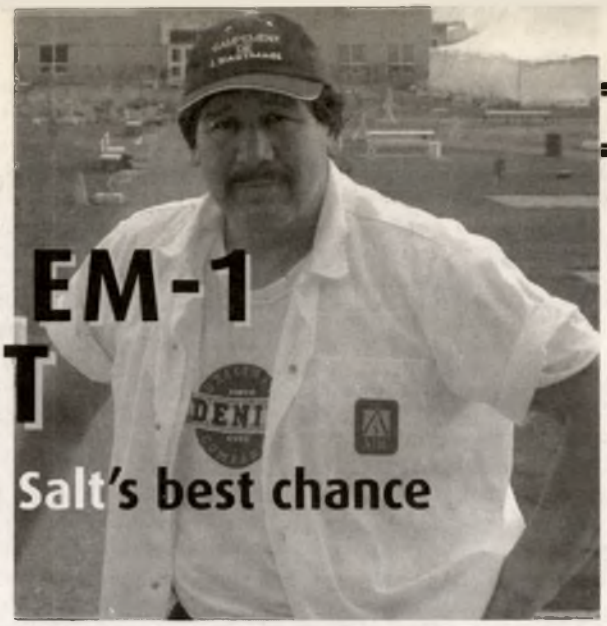
Friday, August 27, 2004

SUBMIT RESUMES, QUOTING COMPETITION **NUMBER 1001-04** TO:

Chairperson of the Board of Directors
Moosonee Aboriginal Head Start
P.O. Box 159, Moosonee, ON P0L 1Y0

Email: apano@creecable.com

PLEASE INCLUDE **THREE REFERENCES** WITH WRITTEN PERMISSION TO CONTACT; ONLY **CANDIDATES SELECTED** FOR AN INTERVIEW WILL BE CONTACTED.



# WORKING AT EM-1 AND LOVING IT

## Work camp may be Abraham Salt's best chance

by Steve Bonspiel

There are a lot of job opportunities for Crees at the EM-1 hydroelectric plant near Nemaska. Abraham Salt, 50, was one of those Crees who took advantage of the chance offered to him at EM-1 when he became a Dish Pit Boss at cafeteria number two. *The Nation* recently had a chance to hear his story about life at the camp.

Before Em-1, Salt worked for Cree Construction as a surveyor's helper. He still works for Cree Construction today, but in an indirect capacity. He actually works for ADC, the company that runs the cafeteria in a joint venture with Cree Construction.

His work entails setting up the glasses, plates and anything else that needs to be done to prepare for breakfast and supper for up to 900 people. He also helps the dishwashers in the dish pit when they are overwhelmed by work. His main task is to oversee the five people who work under him, mostly Crees. He makes sure people show up on time and reports them to his superiors if they don't.

Salt has only been working in his current role at EM-1 for three months, but his stellar attendance and great attitude has allowed him to become a boss in a very short amount of time.

"I worked 62 days straight and they only gave me a five-day holiday. When I got back that's when they hired me as a team leader," he said. "I'm a good worker and I like my job very much."

His experience in dish washing while serving sentences for assault at the Amos Detention Centre and the Bordeaux prison helped him land his current job. "That's where I learned all my dishwashing experiences." He was serving a sentence for assault with a beer bottle. That was when he had a drinking problem. Today he is clean and sober and will celebrate his eighth year without a drink on August 14.

"I feel better everyday," Salt said. "I used to miss work or get in late for work when I was drinking. I never got fired, but I was warned many times. Since I've been here though, I never had a warning. The second week of August will mark my two full years here (at EM-1)."

Although he's not sure whether he wants to move up the EM-1 job ladder, he knows one thing for sure, he's at EM-1 for as long as they need him. He says that the cafeteria isn't going anywhere and neither is he.

Salt works a grueling 35 days on, 10 days off. The way he sees it, if he wants more days off, he'll just have to work more. "If I want to take a vacation then all I need to do is work a longer shift. I could work 60 days [straight] and then take my vacation," he said.

He works a split shift. In other words he starts his day at 4 am, gets off at 9:15 am, has a few hours to rest, go to the gym, lift weights or go biking and then starts back up at 4 pm and works until 8:30 pm. "I'm not bored here, everything is here for me, it's like my home. If they give me a trailer I'd stay here for the rest of my life," he joked.

He added that most of the time he has the gym to himself. He is content with his life right now and wouldn't change a thing.

He has four kids that he doesn't get to see much of, but they have adapted well. They call each other on a fairly regular basis. It wouldn't be easy to see his children regularly anyways because they are too far apart. One is in Whapmagoostui, one is in Senneterre and the other two are in Waskaganish, where he's originally from. They range in age from 18 to 22.

EM-1 was hit hard by an incident last May 6. Mario Fortin, a 48 year-old worker from Chicoutimi was found stabbed to death near the bar. The incident happened around midnight. A 20-year-old worker at the camp, Emmanuel Blacksmith of Mistissini, was arrested and charged with second-degree murder. Blacksmith has since been released on bail under strict conditions.

Salt said that it was a day that will remain with him for the rest of his life. "Everybody was happy that day around supper time. I knew why, it was because the bar was open for happy hour. I got up the next morning at 3:30 and everyone looked very sad. I knew something was wrong but I didn't find out till later on what had happened," he said.

The mood had changed overnight at the camp. All of a sudden there was this racial tension brewing and now every time a Cree talks to a non-native, they are asked where they're from. If Mistissini is the answer, they are given dirty looks.

"I try to make friends with the white people, but since then it's been even more difficult," he said.

When talking about his future, Salt thinks that this may his last kick at the proverbial can. "I'm looking at my future now. I don't think I'll have a job anywhere else. It's going to be hard for me." At 50 years old and without a high school education, Salt knows his future is probably at the camp. "I looked all over for a job in Waskaganish and couldn't find anything."

## Eastmain-1-A Powerhouse and Rupert Diversion

In the spirit of the new Cree-Hydro Quebec partnership and the Boumhounan Agreement, we the representatives and coordinators of the Boumhounan Committee would like to take this opportunity to inform you that SEBJ is working to incorporate Cree traditional knowledge into the scientific surveys and studies conducted as part of the Eastmain-1-A powerhouse and Rupert diversion project.

This is being accomplished in a number of ways, such as holding interviews with Cree tallymen and trapline users from the communities affected by the project, and having the trappers provide assistance to the consultants and participate in field work.

Société d'énergie de la Baie James

**For more information, contact your local representative!**

**Stanley Gilpin (Eastmain)**
Phone: (819) 977-0211
**Wilbert Shecapio (Mistissini)**
Phone: (418) 923-2882
**Lawrence Jimiken (Nemaska)**
Phone: (819) 673-2126
**Simeon Trapper (Waskaganish)**
Phone: (819) 895-2662
**Donald Gilpin**
**(Cree Trappers' Association)**
Phone: (819) 977-2165
**Paul Gull**
**(Cree Regional Administration)**
Phone: (819) 753-0264
or
Montréal contact: Glen Cooper
Phone: (514) 861-5837
**Robbie Tapiatic**
**(Chisasibi Coordinator)**
Phone: (819) 855-2878
**David Visitor**
**(Wemindji Coordinator)**
Phone: (819) 978-0265

COMMISSION SCOLAIRE HARRICANA

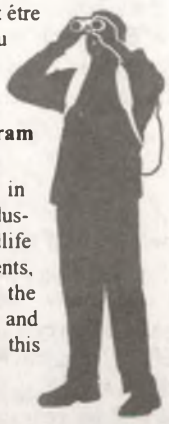
CENTRE DE FORMATION

**Le Centre de formation Harricana offre le programme Environnement et aménagement du territoire.**

Si la routine n'est pas pour toi et que tu aimes être en contact avec la nature, le programme offert dans ce secteur te conviendra certainement. Des réserves fauniques, des sociétés d'établissements de plein air ou encore des pourvoiries sont les milieux de travail des diplômés de ces formations. Avoir de l'entregent et être autonome sont de sérieux atouts pour avoir du succès dans ce secteur d'activité.

**The Centre de formation Harricana offers the Land Use Planning and the Environment Program of Study.**

If routine work is not for you and you like to be in contact with nature, the program offered in this industry will certainly be appropriate for you. Wildlife reserves, outdoor recreational activity establishments, or outfitters are some of the workplaces for the graduates of this training. To be people oriented and autonomous are serious assets to be successful in this line of business.



**Pour de plus amples renseignements, consulte notre site Internet au: http://cfh.csharricana.qc.ca ou téléphone au (819) 732-3223.**

**For more information, consult our Web Site at: http://cfh.csharricana.qc.ca or call (819) 732-3223.**

The *Centre de formation professionnelle de la Jamésie*, in partnership with the *Cree School Board continuing education*, offer you the training

**INDUSTRIAL CONSTRUCTION AND MAINTENANCE MECHANICS**

Access to permanent jobs at Hydro-Québec for the Cree Nation within the agreement *"Eeyou Apatisiiwin Niskamon"*.

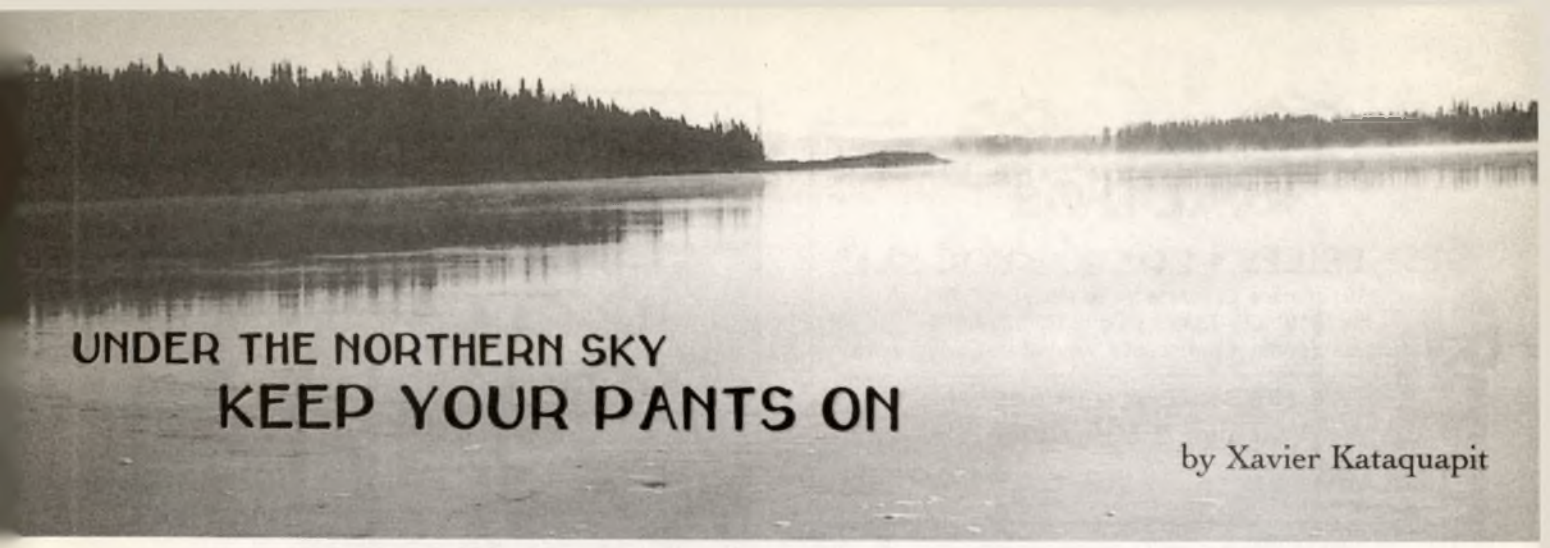
**Beginning : August 30th, 2004**
**End : June 30th, 2006**

Length of program : 1,800 hours
Training locality : Chibougamau
Education language : French
Certification : DEP (Vocational training)

FOR INFORMATION OR REGISTRATION

Contact your *local continuing education office* in Mistissini at
**(418) 923-3347**
or
**1-866-440-0445**

Commission scolaire de la Baie-James
**(418) 748-7621, ext. 2227**



## UNDER THE NORTHERN SKY

# KEEP YOUR PANTS ON

by Xavier Kataquapit

The other night I sat out with friends in the backyard to enjoy the summer weather on a warm evening. My friends were wearing T-shirts and shorts to cool off after a hot sunny day. I had my jeans on. As the sun fell below the horizon and twilight ushered in a blue light in the sky we began swatting at our arms, twitching our legs and scratching our heads. We put up a good fight but in the end the mosquitoes won out and we headed back to the safety of the indoors.

I have lived with mosquitoes, or Sa-Ka-Meh-L as they are called in Cree, most of my life. On the James Bay coast these small creatures number in the billions. They also take to the air with a host of other flying biting cousins like the Mii-Sii-Sah-K, black fly and the Poh-Koh-Shoo, the small no see-ums. You have not seen mosquitoes or black flies until you have visited the James Bay coast during the peak of summer. The coast is a perfect breeding ground for these flying nuisances. The whole western coast of the bay is a large land area of mushkeg, known as the James Bay lowlands, that stretches south of Moosonee to the Hudson's Bay coast. There are very few rocky or sand and gravel outcroppings within this area. There is more than enough stagnant water within this mushkeg to grow a countless number of biting insects that feed on the flesh and blood of warm-blooded animals and humans.

To people on the coast, Sa-Ka-Meh-L is just a flying annoyance that we have to live with. Even though there are millions of these little creatures that we have to deal with we have grown to live with them. There are several natural ways we follow to keep these insects at bay. In the warmest months we try not to spend too much time on the land but rather we stick close to the water and in open areas. The wind is the best deterrent for these bugs. The smoke from a fire is another way to drive any flying insect away.

When I first started visiting southern cities like Timmins to go to high school, people thought it strange that my friends and I found it difficult to wear shorts. Instead we wore full-length jeans in the warm spring or summer weather. Even now I can pick out a Native person from the north in a crowd at events in the south during the summer just by the fact that they are wearing jeans amongst a group of people with shorts and sandals.

This is because one of the ways we deal with insects and mosquitoes is to cover up as much as possible even on a hot day. There are so many flying and biting insects in the north that it is uncomfortable to even think of walking outdoors with a pair of shorts on. We even think of T-shirts as problematic because it exposes most of a person's arms. People in the Third World, where mosquitoes carry Malaria and Dengue, also cover up and even sleep with mosquito nets over their beds.

The bugs are bad enough in north eastern Ontario but on the James Bay coast a person has a hard time even just going for a swim in the midday heat. At the height of the day, the mosquitoes are gone as smaller flying insects are unable to take the heat but larger black flies take to air in the hundreds. People try to keep their bodies under water as long as possible to avoid these larger flying monsters. They not only take a bite but leave a large welt on a person's skin. Even if one quickly jumps out of the water to dress up and head home, a swimmer always goes home with several large painful welts on their body.

There's a new focus on the age-old problem of dealing with mosquitoes. In southern Ontario, there is now the present danger of getting bitten by a mosquito carrying the West Nile Virus. In the past, a mosquito bite did not really concern me much. These days I am becoming more aware of the danger of being infected by this virus. Medical professionals have said that there is a low possibility that one can become infected with this disease and that it is mostly older people and those with comprised immune systems that should be careful. However, it has made me aware that this is something I have to think of when I go outdoors. I do not let this fact deter me from going into the woods; I just fall back to my old methods of dealing with mosquitoes.

My friends spray themselves with repellents or stay indoors. I keep my shirt and pants on.

LOCATION VAL-D'OR

BEST PRICES • ᒪᐅᑦ ᑲ ᐊᐢᑎᑦᐊᓄᑦ

336, avenue Centrale Val-d'Or Qc J9P 1P3
Tel: (819) 825-3335 • Fax: (819) 825-6994
location.valdor@sympatico.ca • www.locationvd.qc.ca

*We can serve you in English*
Wachiya & Megwetch

YAMAHA POLARIS

IMPRIMERIE HARRICANA INC.

*Depuis / Since 1956*

Impression commerciale — Commercial printing
Publicité par l'objet — Promotional Products
Centre de copies — Copy center
Infographie — Graphics by computer

Tél.: 1-800-567-6314 • Fax: 1-866-378-5200

NEW

UNIQUE IN AMERICA

FACE TO FACE WITH THE Lions

LION'S TUNNEL

PARC SAFARI

Drive Thru Safari - Zoological Garden
Recreational Park - Beaches and tube rides

Way more than a Zoo!

Camping and lodging available

1 866 942-8484 • www.parcsafari.com

Only 30 minutes south of Montreal • Highway 15 South, Exit 6.

# CLASSIFIEDS

## 100 – BIRTHS

**We would like to"** Congratulate" Mary Grace and Sam Echum on the birth of their new baby girl, Marilyn Justina Joanne born at 2:22 pm on July 14th, 2004 in Timmins, ON. A little sister for Autumn and another baby cousin for Jaedon!....With Love ..baby's namesakes, Johnny and Annie.

**Congratulations** to Josephine and Lindy on the birth of their baby girl Joselyn Faith on July 17, 2004 weighing 9lbs and 10oz. Lots of Love Loralee and your Grandson Josiah...lol..nah Josephine!

## 101 – BIRTHDAYS

**A birthday wish** going out to my daughter Jody-Lynn Mamianskum on August 08, she`ll be turning 11. I wish you all the best and many many more to come. I Love You very much Bunny! Have lots of fun on your special day. Love, Mom Jeannie M. XOXOX

**A Happy ??** Birthday going out to my friend MaryAnn Snowboy on August 09. We`ll give you a blast at the Auberges and social club, so hope you`ll have lots of fun. Take Care, Friend! Friend always, Jeannie M. xox Whapmagoostui

**Belated birthday** wishes to my grandson Wesley George. His birthday was on July 07, 2004 he is four years old. The love and joy of my life. Wishing you a happy birthday and many more to come. With love from grandma, Besty Masty.

**Happy Birthday** to someone very special in my life, my husband Harry Ottereyes on July 28, 2004. Having you in my life is the most wonderful blessing from above. Thank you for always being there and for encouraging me to keep working hard in school especially when I get really depressed. You're the reason I completed my first year in College. Hope you have a wonderful day and I love you very much. All my love, your wife Queenie Ottereyes

**Happy belated** birthday to our parents, our mom Lina on July 3 and to our dad James on June 18, 2004. Thank you for always being there for us, through good and bad. Both of you always find a way to make everything allright for all of us. We love you both very much. Love always, Harry and Queenie, Gilbert, Bedabin, Shaun and the little one on the way. xoxoxo

**We would like** to say Happy Birthday to Tracey House on July 22, 2004. Ha, your birthday is on Thursday not on Friday night, so no PARTYING...lol. Once again happy birthday and many more to come. Hope u have fun on your special day. Be a good girl. From Edith and Derian (chisasibi)

**I would like** to wish a Happy Birthday to my daddy Paul on July 31,2004. I Love You daddy with my heart and i miss you so much. I'll come and visite you sometimes, can't wait to see you. With Love, your son Derian. (chisasibi) Oh yeah, Mommy says Happy Birthday too. see ya!

**We'd like to wish** Orlene Dukette a Happy Birthday on August 10th. More then half way to the fourties now eh?! Stugg you should have a surprise party...lol! I'm weird, I know but hey I think it's the only reason we get along since you are weirder then I. LoL...joshin' girl! Well I hope your day is great just as you are. This is us kissing you x's and o's. Lots of love Lor and Josiah

**To My Goo Goo** Doreen, Happy Birthday to you on August 11. Love you so so much! From your grandson & friend, Kyle 'J

**Happy 9th Birthday** to Brendan Neebin Shashaweskum on July 29th. We hope your day will be filled with suprises. We love you. From all of us at 9 Gilpin Road.

**I would like to wish a Happy Birthday Greetings** to my special daugther Bella Ottereyes .Her birthday is July 29 and she will be 10 years old.I would like to express my special thoughts to say I love you so much. You have grown -up too fast.I will be always there for you. I really enjoy your laughther and spenting time with you.I hope you had fun on your birthday. I am very sorry that I was not there to celebrate your 10th birthday. We could always have birthday Party when I am back from Montreal. I want say I am thinking about you on birthday. I always will care for you. I miss you alot too. I aam sending you a lot of kisses and big hugs for yor Birthday. Love always Mom.

**I would like to wish** a happy belated birthday to my cousin Tyrell Neacappo on July 21, 2004. Hope you had fun on your special day. Happy 2nd Birthday and many more to come. With love Your Cousin Darcy xoxoxo

**We want to wish** a happy Belated 2nd Birthday to our cousin Tyrell Jerome Neacappo on July 21st, 2004. We love you so much And once again happy birthday and many more to come With Love from your cousins Carrie-ann, Geraldina, Gerald, Angie Fabain, Marcus And Darcy xoxoxo

**We want to wish** happy birthday to our cousin Geraldina Herodier On July 22, 2004.We love ya. So much...From Carrie Ann, Angie Fabain, Marcus Tyrell and Darcy xoxoxox

**I would like to wish** a happy belated birthday to my sister Geraldina Herodier on July 22, 2004. happy 9th Birthday jajauna Hope you enjoy your special day. I love you from Gerald

**We would like to wish** a happy belated birthday to Gracie'sh On July 4, 2004. Hope you had fun...Once again happy birthday Gurl FR: Us.....

**Happy Birthday to our** Friends Rhonda on July 30, 2004. Your Birthday is on a Friday night. Party I guess ehh... Lol.jk...and to Debra on august 2, 2004. Hope you'll have fun...don't party too much. lol.....jk...once again happy Birthday to you gurls and many more to come. From: S.P & S.S

**Someone very Special** to our lives will celebrate his 2nd Birthday...our Son Darcy on August 16, 2004. .....An Adorable Angel sent to us, two years ago. And you've grown so much it seems like yesterday. You were born...now you're turning 2..

**U fill our lives with happiness** and lots of love...Wishing you Joy and happiness...once again happy birthday Boy. We love you so much...you're everything to Us Boy...Love Always Mom & Dad xoxoxo

**Happy Birthday funny** Uncle Kenneth! We all can`t wait to see you! Take care! From: Jerry, Katrina, and Baby Gracie.

**Birthday wishes going** out to Marcelle Weistch on July 24/04. Happy 18th b-day! We love you! Jermaine Blackned on July 25/04. Happy 8th b-day! We hope you have fun!. To Mom/Grandma Sarah Blackend, on July 27th/ 04. Happy 50th b-day! We miss and love you so much! To a very special bro/uncle Stephan Blackend on Aug 10/04. Happy 15th b-day! Have a great day! Hugs and Kisses to all of you! Happy b-day and many more to come! From Sylvia, Shawn and girls.

**Happy Birthday Jerry!** Baby Gracie and me just wanted to say that were very lucky to have you in our lives, there`s no one better for us. We love you very much! Love always from your two girls Katrina and baby Gracie. P.S. Congratulations on completing your firefighting training.

**Belated Birthday wishes** going out to our precious and adorable daughters. Marissa Trinity Happy 1st b-day on May 29/04. To Shania Destany Happy 3rd b-day on July 6/94. You really had a great time at your parties celebrating with friends. We love you both so much! Love Mom and Dad xoxoxo

**Happy belated birthday** to my little sisters Marissa Trinity and Shania Destany. We sure did had a great time at your b-day parties. Happy belated b-day and many more parties to come! I love you both so much! Love your sis Shaylynn Grace. xoxoxo

## 102 – WEDDINGS

**Congratulations** to my son/daughter-in-law, Noel & Beverly Masty. Their wedding day was on July 16/ 04. May you find happiness in your life together and I want to wish you the best of what life has to offer. Through good times and bad times may you have the strength to help each other, through love, hope and faith. I love you both. Mom Betsy Masty.

## 104 – GRADUATIONS

**Congratulations to** Leona Lilly Beth. For graduating the accounting course....you did a job well done. keep it up! Never give up! And never forget that I'm always here for you on anything. From KETCHUP UNDER THE MEAT in Chisasibi

**Congratulations to** Calvin Hester who graduated from the Police Technology Program at John Abbott College and the Basic Police Training at the Nicolet Police Institute in Nicolet, Quebec. Wishing you great success in your future endeavors. I am so proud of you. Congratulations once again! I love you, from Laurie Ann

**Congratulations to Faith** Shashaweskum on her graduation from preschool at Kanawhymigoo Childcare Centre in Wemindji on August 12, 2004. It seems like yesterday when you first attended daycare and now you will be attending school full time. I am very proud of you and I miss your face already when I don't see you running into my office, when you used to give me hugs and kisses. Love always, Mommy OXOXOX

**My son Aaron I love you,** I feel so fortunate to have you for a son, I love your bright face when we talk seriously about the world I love your smile, when we laugh at the inconsistencies in the world. I love your eyes when you are showing emotion I love your mind when you are discovering new ideas and creating dreams to follow. I want you to know that I enjoy you so much and I look forward to any time we can spend together. I am so proud of you my son and I love you. Once again congratulations on your graduation day on August 6th, 2004. Love always and forever Your Mom (Josephine Happyjack)

**Congratulations on your** high school Graduation! Your diploma shows you`re someone who can really make the grade. It represents the hard work you`ve done and friendships that you`ve made. And all through your life that qualities and talents you possess are very sure to bring you much success and happiness. May you have a wonderful future of achievement and success! And may the good lord bless you and keep you in his care for whatever you have planned. Best wishes to you Arlene Weistche on your graduation (June 2004). Once again "congrats"! also Happy 17th b-day! From Sylvia, Shawn, Shaylynn, Maissa and especially your little buddy Shania.

## 105 – OBITUARIES

**Our Dear Precious** Daughter Justine Emily Mary Elizabeth April 5, 2004 You were like a butterfly who seemed to have known you were meant to fly. From the moment I knew you, my life seemed so perfect. I had all I ever wanted. As time went on, I anxiously waited for your movements inside of me. Sure enough, I felt your fluttering, which reassured me you were truly within me. I'd wake up everyday and wait for a little tap, as if you were saying "Good morning". Then I'd get up

and go on with my day. Every now and then, I'd feel a little kick or a little poke, which brought me so much joy and happiness knowing you were growing. But little did I know you were getting ready to take on your purpose in our lives. Like a butterfly covered in her cocoon and slowly comes out of it. She then spreads her wings and begins to fly to never return to where she was born. As we held you in our arms we knew our time with you would not be long. Feeling your life was slipping away from us, we could not capture you for you were meant to fly to your heavenly home. We knew we had to accept that you were chosen by God himself to be with Him. It is a blessing to have carried you for seven months, although it was only a little while, your life has made a difference in each one of us. Our hearts will ache, our arms will long to hold you again, but we have reassurance we will one day be with you again to never let go. As for the time being, your daddy, big brother Jaedon and I will do our best to go on with our lives. We will remember you, our baby girl, who's waiting for us up there in heaven. In time our tears will dry, our hearts will mend, but the memories will forever be held in our thoughts and especially in our hearts. Love you forever our baby girl Mommy, Daddy and big brother Jaedon (written April 8, 2004 by mommy)

## 300 – PERSONALS

**To my love, Cam:** I Just want to tell you again that I LOVE YOU SO MUCH. You may think that I don't care about you, but Its not true because I do care a lot about you. Some things get in our way, but love is what keeps us together. It may be hard for both of us, but I AM willing to hang on as long as I can and love you all the way. So, once again I Love you very very much and always will. Love always ME. xoxo

**Jolie femme, metis.** Recherche copain trés doux patient bon charactére. But: Je veux allé travaille Baie James. 418-664-5554

**Nice lady (metis)** searching for man, very mild very patient, good character I would like to work in James Bay. 418-664-5554

**To my niece Brenda-Rose** and all those who graciously gave financially so as I can spend some vacation time with friends and also to buy oxygen bottles before leaving to go to Montreal, to await for my operation, I will be leaving September 13, 2004 for Montreal, Quebec. I was touched so deeply when I realized my nieces, nephews, great nephews, family & family friends gave. I will forever be grateful to all of you. May God richly bless you all and your families. I have now been in the hospital for 13 days, the longest I have ever stayed, as soon as they let me out, I'm grabbing my oxygen bottles and away I go. Thank you all for making this trip happen for me. I told my son Johnny to come with me to help me and haul my oxygen bottles, also my grandson Myrandy is here, I know that the three of us will have a good time. I look forward to coming back to Nemaska around August 16, 2004. Thanks again (The Nemaska Woman or oxygen lady Ha! Ha!) Maggie Minister Thanks again, Have a safe summer!

**I remember the times** when we used to smile, when we used to laugh, and when we used to be so happy together. These Precious Memories.. has never faded away, but still remains in this heart of mine, even up to this very day. This one goes out to you gurl, and its from my heart to yours. Although right now, you may not know, but I know this is true. I do truly love you. Somehow, I just wish I could be right there, Everyday by your side.. because I care, But the distance and time seperates us. If i had just one wish, I'd wish we could be together somehow again, to relive the love that we once knew, would be like a dream come true. Just to make another start, but i am not sure when or how this will ever happen. Still, i know in my dreams, and in my heart is where you and I are, Remaining close, and never far.. I just want you to know, These words come from the heart, No matter the distance we are apart, Although right now, you may not know, but i know this is true. You were always my everything and I truly loved you. dear little guy, Peter-Jay Icebound Gull I wanna thank your mommy and your daddy for bringing you in our home, I am so glad you are with us everyday, when one day goes by without seeing your so handsome face, I miss you and I think about you everyday. I cant wait t'ill you speak everyones name, when I hear you say "auntie" I am going to be so happy, cause i love you so much, you mean everything to me, I love your chubby hands your long feet your pointy toes, i really love it when you smile or try to laugh you are the sweetest nephew,,, I love you so much, with all my heart. you may not read cause your only 4 months old, but I do wanna let the whole nation know how much I love you... from your auntie: Hazel Icebound

I just wanted to say a big hello to a someone from Waskaganish he might know who he is... How are you doing these days gone by! I guess your doing Fine, Its been a Couple of months now since I talked to you last, but I'm always trying to call you and Im scared that you wont talk to me you know that I still love you and I miss you a lot. I still have feelings for you. Your still the one for me. I cant forget about you. I still remember the good times we used to have together. Call me again, Im still waiting (I used to say I Love You. but you used to say twice as much) from me, you might know me cause we've known each other for a long time. PS. Take care handsome (from: Your beautiful gal)....

## 500 – MISC

**Apartment to sublet.** 4 1/2 Availible August 1, 2004. Water included, elevator.. laudry room on same floor. Near shopping mall and buses. Easy access to highways 20 & 13. Quiet neighbourhood. For further information call; 819- 855-3080 or 514- 219-5734 Address; 560, 33rd Avenue, apt 406. Lachine, Qc. H8T 1Y8.


Is Your Message reaching the Right People?

The Nation offers professional services to make your advertising more effective.

Graphic Design, Photography, Editing, Writing and Placement

Call Aaron at 514-272-3077
or Christina at 514-285-8986
To see what the Nation can do for you

Bureau d'information publique
Public Information Office
ᐊᑦ ᐧᐃ ᒋᓴᓱᐣᐢᑕᓂᐧᐃᓴᒃ ᐃᓚᐢᓄ ᒥᔨᓂᐣᐃᐃᑭᒥᑯ

We are responsible of informing the public on assessment processes and environmental studies regarding the Eastmain-1-A and Rupert diversion projects.

**We are looking for an information agent and a secretary in Montreal. The two individuals must be dynamic, experienced, and should preferably speak French, English and Cree.**

For more information, please contact Lorraine Shecapio at (514) 871-8378, or at info@bip-pio.qc.ca

LIMO DANIEL

Fibre Optic Stretch Limos
Lincoln Town Car

24 hr service – Reservations
Montreal – Airport Service

514 237-6868

# Working Together... Building a Future!

Hydroelectric Development

Aménagement hydroélectrique de Eastmain-1

**To reach Johnny Saganash Cree Counsellor, please contact him at (819) 865-2100 ext. 4153**

The Grand Chief Ted Moses, Johnny Saganash Cree counsellor at EM-1 and Paul Gull, Deputy chief

Rémi Fortin, Charlie Ottereyes, Nannie Blacksmith, Paul Coonishish, Philip Mettaweskum, David Trapper

Visit tour of the council board of the CRA on July 21th at the Information Centre of Eastmain-1

Kevin Whiskychan

Nannie Blacksmith
Freddy Louttit

Joe Moses, Samuel Trapper and Gerry Shanush

Sabina Mianscum, Jane Fair, Annie Wabanonik, Marie-Josée Bisson

Société d'énergie de la Baie James

Hydro Québec

# 5th Annual

## Business Development Conference

## Tourism

## Living a spirit of adventure

- Workshops in:
  - Adventure Tourism & Outfitting
  - Ecotourism & the Reality of Reserve Life
  - "FirstHost" Hospitality
  - Games & Prizes
  - Arts & Crafts
  - Free registration for students!

* First 50 to register get a conference bag and mug valued at $50.00
* Registration $50.00 / day
* Conference package $125.00 with Gala Ticket

**For more information contact:**

Malicans Diamond - Conference Coordinator
Julie Ann Cooper - Conference Supervisor

Tel: 819-753-2389 Fax: 819-753-2842 www.wdconline.ca

Waswanipi Youth Centre
17 Birch Street, Waswanipi, QC J0Y 3C0

## August 10-12, 2004

Featuring

GEORGE LEACH

WEBDUDE.CA DESIGNS
WWW.WEBDUDE.CA